



**Lewes Leisure Centre  
 Christmas Opening Hours**

Tuesday 24<sup>th</sup> December 08:00 - 15:00  
 Wednesday 25<sup>th</sup> December Closed  
 Thursday 26<sup>th</sup> December Closed

**Friday 27<sup>th</sup> December**  
 Closed for planned maintenance works







**Saturday 28<sup>th</sup> to Monday 30<sup>th</sup>  
 December**  
 Lewes Leisure Centre will be open as  
 normal, with your usual classes  
 available.

Tuesday 31<sup>st</sup> December 08:00 - 15:00  
 Wednesday 1<sup>st</sup> January Closed

**Tuesday 24th December**

Start Time	Class Length	Focus	Class
<b>Morning Session</b>			
08:15	45 mins		RIDE: Rhythm +
09:15	45 mins	 	Les Mills BodyPump
10:15	45 mins		Fitness Pilates

**Tuesday 31st December**

Start Time	Class Length	Focus	Class
<b>Morning Session</b>			
08:15	45 mins		RIDE: Rhythm +
09:15	45 mins	 	Power Conditioning
10:00	45 mins	 	Functional Fit
10:15	45 mins		Fitness Pilates

+ These classes are suitable for those 14 years & over. All other classes are suitable for adults aged 16 years & above.

The class session includes any time taken to set-up and take-down equipment necessary for the activity. If you cannot attend a class, please cancel online or by telephone 1 hour prior to the class commencing. For full class descriptions visit [www.waveactive.org](http://www.waveactive.org). Please note timetable subject to change.



- Cardio



- Dance



- High Intensity Interval Training (HIIT)



- Holistic



- Strength & Core



- Water Based